



## How did actress Roseanne Barr trim down so much?

WE ANALYSE THE LATEST FAD

The actress is a fan of the low-fat Pritikin diet

**WHAT IS THE PRITIKIN DIET?**  
Developed by Nathan Pritikin in the 1970s, it's a low-fat regime that favours fruit, veg and wholegrains over animal proteins, processed grains, eggs and sugar. The diet involves eating a ratio of 75 per cent carbs, 15 per cent protein, and 10 per cent fat. Six or seven small meals are encouraged, rather than three big ones and daily walks are also advised.

The diet is based on the basic principles of the Paleolithic diet, from hundreds of thousands of years ago, in which plants, wholegrains, and lean meat and fish were predominant. Followers of Pritikin believe that human instinct developed to favour foods containing fat because food was more scarce before agricultural civilisation. Since fat is more nutrient-dense than other sources of food, its presence in the diet helped survival. However, now that food is readily available and abundant, we no longer need this instinct for fat.

**BENEFITS**  
'The Pritikin diet is the diet every person needs to achieve optimal health,' says Marika Olsen, of the Pritikin Longevity



Center in Florida ([www.pritikin.com](http://www.pritikin.com)). 'As proven in more than 100 medical studies, the Pritikin diet can help reverse cardiovascular disease, stabilise blood sugar, and allow you to throw out your hypertension medication, while achieving your ideal weight.'

'In essence, this is a sensible diet,' says nutritional therapist Christina Barton, who has a private practice in central London ([www.chrisbar.com](http://www.chrisbar.com)). 'Nathan Pritikin's approach is aimed at lowering cholesterol and helping diabetics to normalise their blood sugar. The diet reduces the calorie intake of any meal and educates people to address what they are putting into their body and understand the value of sensible food. It's a nutritionally plentiful diet which is very low in fat.'

### ANY DRAWBACKS?

At first dieters may find their sense of taste is affected. 'But within a couple of weeks, the digestive system adjusts and the palate begins to truly taste the flavour of food that hasn't been drowned in salt and fat,' says Olsen. 'Exercise is encouraged on this diet,' says Barton, 'but seriously overweight people should seek guidance first. I don't feel comfortable that some processed foods, like white pasta and artificial

sweeteners, are allowed. And I'm concerned people will end up buying ready-made, processed, low-fat convenience food for ease. This can be nutritionally inadequate and you could become deficient in essential fatty acids (EFAs). I wouldn't recommend this diet for people with chronic cases of IBS and bowel disease, nor would I recommend it for vegetarians, as the diet is known to inhibit the intake and absorption of fat and possibly soluble vitamins.'

### OTHER CELEBRITY FANS

BB King and Hollywood heavyweights Mel Brooks and Rodney Dangerfield are said to have followed the Pritikin diet. [healthy](#)

### HEALTHY'S VERDICT

Overall, it's a sensible route to weight loss and better daily nutrition. Retraining your taste buds away from salt and fat is a great idea. Seeds, nuts and porridge are also an excellent part of a healthy diet to help stabilise blood sugar and obtain EFAs. However, it is important to note that low-fat foods are often bulked up with unhealthy additives, so it's always best to eat unprocessed products.

- Beat allergies and food intolerances
- Is your crockery making you fat?
- Polycystic ovary syndrome explained
- Antony Worrall Thompson's tips for healthy eating
- Dance yourself thin! The fun way to exercise
- Constipation and how to get things moving
- Are you a metal fan? Learn why you should be!

ON SALE  
NEXT ISSUE  
17 March 2007

healthy

THE UK'S BEST-SELLING HEALTH MAGAZINE

ONLY £1.50 €2.20  
MARCH 2007 ISSUE 51

# healthy

HEAR IT FROM THE EXPERTS...

### NATURAL REMEDIES

## HAPPY MENOPAUSE

11 PAGES OF EXPERT ADVICE & RECIPES

### REAL LIFE

'Eating badly left me paralysed by a stroke'

### SHIFT THE FLAB!

- THE TOP 10 HUNGER-BUSTING FOODS
- IS YOUR POSTCODE MAKING YOU FAT?
- DODGE YOUR DANGER WEIGHT-GAIN AGES

OVER  
**£60**  
(€90)  
MONEY-OFF  
VOUCHERS  
WITH THIS  
ISSUE!

EXPERT TIPS  
FROM MUMMY  
AND DADDY TO  
RED-HOT LOVERS!

IBS  
IS IT ALL IN  
THE MIND?

# LORRAINE KELLY

'My one true tip for shedding weight'

### ANTONY WORRALL THOMPSON

How to boost your health with local, organic shopping

**BEAT!** BAD BREATH + COLD SORES + LOW ENERGY + BACK PAIN  
BOOZING + SMOKING + HEART DISEASE + AMD & GLAUCOMA

